



Start your week off right!



LIVE ENTERTAINMENT 7 DAYS A WEEK

PROFESSIONAL COMPLIMENTARY
PICTURES ON TUESDAY AND FRIDAY



SUNDAY:
MARRYBELL MADURO
SINGER
6:30 - 8:30pm

MONDAY:
ANGELA FLORES
VIOLINIST
6:30 - 8:30pm

TUESDAY:
JEAN PAUL
SAXOPHONIST
6:30 - 8:30pm

WEDNESDAY:
EDDIE KROON
SINGER 4:00 - 6:00pm

MAILLEYN ALVARADO
VIOLINIST 6:30 - 8:30pm

KARAOKE 9:00 - 11:00pm

THURSDAY:
MARRYBELL MADURO
SINGER
6:30 - 8:30pm

FRIDAY:
RICKY THOMAS
GUITARIST
7:00 - 9:00pm

SATURDAY:
EDDIE KROON
SINGER
4:00 - 6:00pm

ANGELA FLORES
VIOLINIST
6:30 - 8:30pm



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Top U.S. health agency makes \$25,000 buyout offer to most of its employees

By **AMANDA SEITZ**
Associated Press

WASHINGTON (AP) — Most of the 80,000 federal workers responsible for researching diseases, inspecting food and administering Medicare and Medicaid under the auspices of the Health and Human Services Department were emailed an offer to leave their job for as much as a \$25,000 payment as part of President Donald Trump's government cuts.

Workers cannot start opting in until Monday and have until 5 p.m. on Friday to submit a response for the so-called voluntary separation offer. The email was sent to staff across the department, which includes the Centers for Disease Control and Prevention in Atlanta, and the National Institutes of Health as well as the Food and Drug



Secretary of Health and Human Services Robert F. Kennedy Jr. walks to the House Chamber before President Donald Trump addresses to a joint session of Congress at the Capitol in Washington, Tuesday, March 4, 2025.

Associated Press

Administration, both in Maryland.

The mass email went out to a "broad population of HHS employees," landing in their inboxes days before agency heads are due to offer plans

for shrinking their workforces. HHS is one of the government's costliest federal agencies, with an annual budget of about \$1.7 trillion that is mostly spent on health care coverage for millions of

people enrolled in Medicare and Medicaid.

The agency oversees health insurance for roughly half the country through Medicare for older adults and Medicaid for disabled and poor Americans.

There was no immediate comment Sunday from HHS. Robert F. Kennedy Jr., Trump's health secretary, has hinted at plans at deep cuts to the staff. Last year, he promised to immediately clear out 600 employees at the NIH, the nation's biomedical research arm. He has not gone that far, but in an interview last month shortly after being sworn in last month, Kennedy said he wanted to remove some workers from the public health agencies.

"I have a list in my head," Kennedy said of potential firings at the agency. He said some workers "made really bad decisions" on nutrition

guidelines.

The Trump administration, with the help of billionaire Elon Musk, has been trying to push out federal workers in an effort to cut costs. In January, most federal employees received a deferred resignation offer that came with eight months of pay. Thousands of probationary employees, too, have been fired across federal agencies, including at HHS.

The latest move to reduce the number of federal health workers comes as the the CDC is assisting with a deadly measles outbreak in West Texas and New Mexico and as lawmakers are debating deep cuts to Medicaid in the federal budget.

HHS workers are directed in the email to reach out to their local human resources office to submit for the voluntary separation. □

Noem taps new ICE leaders and moves to identify leakers

By **CHRISTINE FERNANDO**
Associated Press

Homeland Security Secretary Kristi Noem on Sunday announced new leadership at the agency tasked with immigration enforcement as she also pledged to step up lie detector tests on employees to identify those who may be leaking information about operations to the media.

"The authorities that I have under the Department of Homeland Security are broad and extensive and I plan to use every single one of them to make sure that we're following the law, that we are following the procedures in place to keep people safe and that we're making sure we're following through on what President Trump has promised," Noem told CBS' "Face the Nation." While these polygraph exams are typically not admissible in court proceedings, they are frequently used by federal law enforcement agencies and for national security clearances.

"The Department of Homeland Security is a national se-

curity agency," DHS spokesperson Tricia McLaughlin said in a statement. "We can, should, and will polygraph personnel."

White House officials have previously expressed frustration with the pace of deportations, blaming it in part on recent leaks revealing cities where authorities planned to conduct operations.

Noem announcement of two new leadership appointments within the U.S. Immigration and Customs Enforcement comes less than two months into the Trump administration and demonstrates the importance that the administration places on carrying out the president's deportation agenda.

Todd Lyons, the former assistant director of field operations for the agency's enforcement arm, will serve as acting ICE director. Madison Sheahan, secretary of the Louisiana Department of Wildlife and Fisheries and Noem's former aide when she was governor of South Dakota, has been tapped to be the agency's deputy director. □

Live Entertainment at 8PM

<p>MON Latin Dance Show</p>	<p>TUE Steelpan Music</p>
<p>WED Cultural Dance Show</p>	<p>THU Acrobatic Show</p>
<p>SUN Violin Show</p>	<p>Nightly Watershow 7:30pm - 8:30pm - 9:30pm</p>

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Facing competition from Big Tech, states dangle incentives and loosen laws to attract power plants

By MARC LEVY
Associated Press

HARRISBURG, Pa. (AP) — Facing projections of spiking energy demand, U.S. states are pressing for ways to build new power plants faster as policymakers increasingly worry about protecting their residents and economies from rising electric bills, power outages and other consequences of falling behind Big Tech in a race for electricity. Some states are dangling financial incentives. Others are undoing decades of regulatory structures in what they frame as a race to serve the basic needs of residents, avoid a catastrophe and keep their economies on track in a fast-electrifying society.

"I don't think we've seen anything quite like this," said Todd Snitchler, president and CEO of the Electric Power Supply Association, which represents independent power plant owners.

The spike in demand for electricity is being driven, in large part, by the artificial intelligence race as tech companies are snapping up real estate and seeking power to feed their energy-hungry data centers. Federal incentives to rebuild the manufacturing sector also are helping drive demand. In some cases, Big Tech is arranging its own power projects. But energy companies also are searching for ways to capitalize on opportunities afforded by the first big increase in electricity consumption in a couple of decades, and that is pitting state political leaders against each other for the new jobs and investment that come with new power plants. Governors want to fast-track power plants.

Moves by states come as a fossil fuel - friendly President



One of the heat recovery steam generators at Entergy's Orange County Advanced Power Station, a 1,215-megawatt facility under construction, is shown Monday, Feb. 24, 2025, in Orange, Texas. Associated Press

Donald Trump and Republican-controlled Congress take power in Washington, D.C., slashing regulations around oil and gas, boosting drilling opportunities and encouraging the construction of pipelines and refineries that can export liquefied natural gas.

States are seeking action, with the National Governors Association asking Congress to make it easier and faster to build power plants and criticizing the U.S. as among the slowest developed nations in approving energy projects. But there may be less that the federal government can do right away about a looming power shortage, since green-lighting power plants to feed the electric grid is largely the province of state regulators and regional grid operators. Pennsylvania Gov. Josh Shapiro wants to establish an agency to fast-track the construction of big power plants and dangle hundreds of millions of dollars in tax breaks for projects providing electricity to the grid.

The state, and the country, needs more power plants to win the artificial intelligence race and provide reliable and affordable power to residents, said Shapiro, who suggested Pennsylvania may leave the regional grid operated by PJM Interconnection in favor of "going it alone."

"It has proven over the last number of years too darn hard to get enough new generation projects off the ground because of how slow PJM's queue is," Shapiro told a news conference on Feb. 27. Indiana, Michigan and Louisiana are exploring ideas to attract nuclear power while Maryland lawmakers are floating ideas about commissioning the construction of a new power plant there. In Ohio, a lawmaker wants to restrict the influence of electric utilities in hopes of giving independent power producers more incentive to build power plants to feed the state's fast-growing tech sector.

The bill, which awaits a vote,

won the support of the Ohio Consumers' Counsel, the state's residential ratepayer watchdog, and business groups whose members care about electric prices. However, it split the energy sector between companies operating in competitive markets and those operating under state utility monopolies.

States competing against each other. In Missouri, utilities including Ameren and Entergy, as well as the Missouri Chamber of Commerce and Industry, labor unions and the state's top utility regulator are backing legislation to repeal a nearly half-century old law preventing utilities from charging customers to build a power plant until it is operational.

The law was approved in a 1976 voter referendum when states were looking to hedge against utilities saddling ratepayers with financing upfront, potentially bloated, inefficient or, worse, aborted power projects.

Consumer and environmen-

tal groups protested the bill, saying it would result in new natural gas plants that are likelier to be more costly to ratepayers.

Last year, similar legislation passed almost unanimously in Kansas, along with companion legislation extending tax breaks to new power plants. Within months, Entergy announced alongside the state's leaders that it would build two 705-megawatt natural gas plants and said the legislation will "help Kansas compete with other states for investment and ultimately save customers money."

John Coffman, the utility consumer counsel for the Consumers Council of Missouri, said utilities are playing the two states, Missouri and Kansas, against each other and were planning to build the power plants anyway. But, he said, "They're just looking for opportunities to squeeze more money out of the process."

Energy companies see an opportunity. Snitchler said action is being spurred by states realizing that longstanding power reserves are dwindling, especially as coal-fired and nuclear power plants retire, and now all sorts of power companies are leaping at the chance to make money. A pitfall he sees in the race to build plants is an undoing of protections that some states once adopted to shield ratepayers and put the risk of building expensive power projects onto corporate shareholders.

A Pennsylvania state lawmaker, Sen. Gene Yaw, wants to set up a massive power plant-financing fund like Texas, which established a \$10 billion low-interest loan program after the state was wracked by a deadly winter blackout in 2021. □

ICE arrests Palestinian activist who helped lead Columbia University protests, his lawyer says

By JAKE OFFENHARTZ

Associated Press

NEW YORK (AP) — Federal immigration authorities arrested a Palestinian graduate student who played a prominent role in last spring's anti-Israel protests at Columbia University, according to his attorney.

Mahmoud Khalil was inside his university-owned residence Saturday night near Columbia's Manhattan campus when several Immigration and Customs Enforcement agents entered the building and took him into custody, his attorney, Amy Greer, told The Associated Press.

Greer said she spoke by phone with one of the ICE agents during the arrest, who said they were acting on State Department orders to revoke Khalil's student visa. Informed by the attorney that Khalil was in the United States as a permanent resident with a green card, the agent said they were revoking that too, according to the lawyer.

The arrest appeared to be among the first known actions under President Donald Trump's pledge to deport international students who joined the protests against Israel's war in Gaza that swept college campuses last spring. His administration has claimed participants forfeited their rights to remain in the country by supporting



Student negotiator Mahmoud Khalil is on the Columbia University campus in New York at a pro-Palestinian protest encampment on April 29, 2024.

Associated Press

Hamas, a terror organization. Khalil served as a negotiator for students as they bargained with university officials over an end to the tent encampment erected on campus, a role that made him one of the few student activists willing to share his name and identity.

The authorities declined to tell Khalil's wife, who is eight months pregnant, whether he was accused of committing a crime, Greer said. Khalil has since been transferred to an immigration detention facility in Elizabeth, New Jersey.

"We have not been able to

get any more details about why he is being detained," Greer told the AP. "This is a clear escalation. The administration is following through on its threats."

A Columbia spokesperson said law enforcement agents must produce a warrant before entering university property, but declined to say if the school had received one ahead of Khalil's arrest. The spokesperson also declined to comment on Khalil's detention.

Messages seeking comment were left with the State Department, the Department of Homeland Security and ICE.

The Department of Homeland Security can initiate deportation proceedings against green card holders for a broad range alleged criminal activity, including supporting a terror group. It would ultimately be up to an immigration judge to revoke someone's permanent resident status, according to Camille Mackler, founder of Immigrant ARC, a coalition of legal service providers in New York.

"This has the appearance of a retaliatory action against someone who expressed an opinion the Trump administration didn't like," Mack-

ler said. Khalil was among those investigated by a new Columbia University office that has brought disciplinary charges against dozens of students who have expressed criticism of Israel, according to records shared with the AP.

Those investigations come as the Trump administration has ramped up scrutiny on Columbia because of what the government describes as the Ivy League school's failure to squelch antisemitism on campus. On Friday, federal agencies announced they would be cutting \$400 million in grants and contracts from the university.

The allegation against Khalil focused on his involvement in the Columbia University Apartheid Divest group, claiming he had helped organize an "unauthorized marching event" that glorified Hamas' Oct. 7, 2023, attack and played a "substantial role" in the circulation of social media posts criticizing Zionism.

"I have around 13 allegations against me, most of them are social media posts that I had nothing to do with," Khalil told the AP last week.

"They just want to show Congress and rightwing politicians that they're doing something, regardless of the stakes for students," he added. "It's mainly an office to chill pro-Palestine speech." □



President Donald Trump waves from his limousine as he arrives at his golf club in West Palm Beach, Fla., Saturday, March 8, 2025, in West Palm Beach, Fla.

Associated Press

By ZEKE MILLER

AP White House Correspondent

WEST PALM BEACH, Fla.

(AP) — Air Force fighter jets intercepted a civilian aircraft flying in the temporarily restricted airspace near

Air Force intercepts aircraft flying in a restricted zone near Mar-a-Lago

Donald Trump's Florida home Sunday, bringing the number of violations to more than 20 since the president took office on Jan. 20.

North American Aerospace Defense Command said in a statement that Sunday's incident, which took place as Trump finished a round of golf at his West Palm Beach golf course, saw F-16s deploy flares to get the attention of the civilian pilot. Jets also conducted an intercept on Saturday morning shortly after Trump arrived at the course from his private Mar-a-Lago club and residence.

The airspace intrusions in the heavily congested south Florida airspace have prompted fighter jet intercepts but did not alter Trump's schedule or impact his security, officials said. NORAD says the flares may have been visible from the ground but that they burn out quickly and don't pose danger.

Federal officials maintain a permanent flight restriction over Trump's club that expands to a radius of 30 nautical miles when the president is in residence.

Violations, and intercepts, are relatively routine, but

NORAD is raising alarm over the frequency of the intrusions since Trump's inauguration, saying it has responded to more than 20 incidents and blames civilian pilots for not following regulations requiring them to check for airspace restrictions before taking off.

"Adherence to TFR procedures is essential to ensure flight safety, national security, and the security of the President," Gen. Gregory Guillot, the commander of NORAD and US Northern Command said in a statement. □

Syria's neighboring foreign ministers call for lifting sanctions and reconciliation

By OMAR AKOUR

Associated Press

AMMAN, Jordan (AP) —

Syria's top diplomat and his counterparts from neighboring countries Sunday called for the lifting of Western-led sanctions on Syria and post-war reconciliation.

The foreign ministers of Turkey, Iraq, Jordan and Lebanon made their remarks alongside Syrian Foreign Minister Asaad Hassan al-Shibani following a meeting in the Jordanian capital Amman. They come following days of clashes between Syrian security forces and insurgents of the minority Alawite community loyal to the deposed Bashar Assad government in Syria's coastal province. Some rights groups say hundreds of civilians, mostly Alawite, were killed in revenge attacks after the fighting broke out. The Associated Press could not independently verify those numbers. The United States and Europe have been hesitant to lift sanctions on Syria before there is a clear political transition that is democratic and inclusive of Syria's minorities and civil society. At the same time, the country desperately needs money to rebuild after years of war and pull millions out of poverty. The United Nations estimates that some 90% of Syria's population lives



Activists protest against the recent wave of violence and sectarian attacks in Syria's coastal region, in Damascus, Syria, Sunday, March 9, 2025.

Associated Press

in poverty.

"We are protecting all components of the Syrian people, and we do not discriminate between them. We will not allow the repetition of the tragedies of the Syrian people," said al-Shibani.

Syria's new Islamist authorities under interim President Ahmad al-Sharaa have struggled to convince the United States and Europe to lift sanctions to start rebuilding the country after 13 years of war and reconcile with the Kurds in the northeast and Druze

in the south to exert state authority across the country. The weekend's violence appears likely to stymie attempts to remove sanctions in the immediate future. The U.S. and U.N. released statements condemning the killing of civilians, which U.S. Secretary of State Marco Rubio described as being carried out by "radical Islamist terrorists, including foreign jihadis." He called for Damascus to hold the perpetrators accountable.

Also on Sunday, al-Sharaa

announced the formation of a committee tasked with investigating the violence in coastal communities, including "violations against civilians" and another one tasked with "maintaining civil peace."

Al-Sharaa said in a video statement that the outbreak of violence was part of "attempts by remnants of the former regime, with foreign parties behind them, to create new strife and drag our country to a civil war, with the goal of dividing it and

destroying its unity and stability."

He said the country's new authorities "will not tolerate the remnants of Assad who committed crimes against our army forces and state institutions" and promised to "hold accountable with all firmness and without leniency anyone who was involved in the blood of civilians or harmed our people."

It remained to be seen whether those measures will succeed in calming the situation and reassuring both Syrians and the international community.

Syria's neighbors fear that the country's pulverized economy and internal tensions could impact their own stability.

"Stability in Syria requires dialogue with the country's various components," said Iraqi Foreign Minister Fouad Hussein at a joint news conference.

The foreign ministers were critical of what they said was foreign intervention in the region after Israeli troops conducted military operations in southern Syria and seized a U.N. buffer zone that divides Syria from the Golan Heights, which Israel seized and annexed in 1967. On Sunday, the Israeli commanding officers visited and assessed the buffer zone. □

Iran says it is open to talks about concerns about militarization of its nuclear program

The Associated Press

Iran said Sunday it would consider negotiations with the United States if the talks were confined to concerns about the militarization of its nuclear program.

In a statement posted on X, the country's U.N. mission said: "If the objective of negotiations is to address concerns vis-à-vis any potential militarization of Iran's nuclear program, such discussions may be subject to consideration."

A day earlier, Iran's Supreme Leader Ali Khamenei had rejected talks with the U.S.,

because he said they would be aimed at imposing restrictions on Iran's missile program and its influence in the region.

Khamenei's remarks came a day after President Donald Trump acknowledged sending a letter to him seeking a new deal with Tehran to restrain its rapidly advancing nuclear program and replace the nuclear deal he withdrew America from during his first term in office. Khamenei said U.S. demands would be both military and related to the regional influence of Iran. He

said such talks would not solve problems between Iran and the West.

Trump's overture comes as both Israel and the United States have warned they will never let Iran acquire a nuclear weapon, leading to fears of a military confrontation as Tehran enriches uranium at near weapons-grade levels — something only done by atomic-armed nations.

Tehran has long maintained its program is for peaceful purposes, even as its officials increasingly threaten to pursue the bomb. Tensions



In this photo released by the official website of the office of the Iranian supreme leader, Supreme Leader Ayatollah Ali Khamenei speaks under a portrait of the late revolutionary founder Ayatollah Khomeini, as armed forces commander listen, at rear, in a ceremony meeting a group of officials, in Tehran, Iran, Saturday, March 8, 2025.

Associated Press

are high with the U.S. over its sanctions and with Israel as a shaky ceasefire holds in its war against Hamas in the Gaza Strip.

The Iranian statement Sun-

day, while allowing for talks on concerns about militarization, stressed that Tehran would not negotiate away what it stresses is its peaceful nuclear program.

Rohingya refugees in Bangladesh brace for upcoming food reductions as aid agencies cut funding

By **SHAFIUR RAHMAN and JULHAS ALAM**

Associated Press

COX'S BAZAR, Bangladesh

(AP) — Rohingya refugees in cramped Bangladeshi camps say they are worried about a U.S. decision to cut food rations by half beginning next month, while a refugee official says the reduction will impact the nutrition of more than 1 million refugees and create "social and mental pressure."

President Donald Trump abruptly stopped most foreign aid and dismantled the U.S. Agency for International Development, which has significantly hampered the global humanitarian sector. Trump's Jan. 20 executive order froze the funding for a 90-day review.

The World Food Program, the main U.N. food agency, recently announced that cuts to food rations will take effect from April 1 in Cox's Bazar, Bangladesh, where dozens of camps are inhabited by Rohingya refugees. More than 700,000 Muslim Rohingya fled to Bangladesh from Myanmar starting in late August 2017 when Myanmar's military launched a "clearance operation." The ethnic group faces discrimination and are denied citizenship and other rights in the Buddhist-majority nation. Following a military takeover in 2021, the country has been



Rohingya refugees shop at a market inside their refugee camp at Kutupalong in Cox's Bazar, Bangladesh, Thursday, March 6, 2025.

engulfed in an armed conflict widely seen as civil war. It was not immediately clear if the WFP's decision was directly related to the Trump administration's action. "We received a letter that (says) previously it was \$12.50, and now it is \$6. They used to get \$12.50 per month, and from now \$6, this will greatly affect them," Shamsud Douza, additional refugee relief and repatriation commissioner of Bangladesh, told The Associated Press. "As the food is cut, they will get less nutritious food, which may lead to a lack of nutrition. There will be social

and mental pressure created amongst the Rohingya people in their community. They will have to look for an alternative for the food," he said. Douza said there are more sectors where budgets have been cut beyond the food rations, but he would not say whether WFP cuts were related to the U.S. funding rollback. "Generally, there will be less (support) for the (Rohingya) response after the funding cuts. The response already has been slowed, and some people, including Rohingya, have lost their jobs, and some

services are reduced. It does not bring a good result when the available services get reduced," he said. The interim Bangladesh government said the end of USAID payments would stop other projects in Bangladesh, but funding for Rohingya refugees will continue to flow. The U.S. has been the top donor to Bangladesh for Rohingya refugees, providing the U.N. with emergency food and nutrition assistance. The U.S. usually provides almost half of the aid money spent on the humanitarian response to Rohingya refugees in Bangladesh, which

provided about \$300 million in 2024.

As the news of the impending food reductions spread through the camps in Cox's Bazar, fear and frustration gripped the refugees.

"I am afraid now about how I am going to run my family, as we don't have any income-generating opportunities here. I got scared when I heard it," 40-year-old Manzur Ahmed said. "How will I buy rice, chillies, salt, sugar and dal, let alone fish, meat and vegetables, with 700 taka (\$6)? We won't even be able to buy (cooking) oil. How are we going to get them?"

Medical treatment also is decreasing, refugees said.

"When we go to the hospital, they don't provide medicines unless it's an emergency.

They only provide medicines to the very emergency patients. Earlier, they would treat anyone who felt unwell, but now they only provide treatment to those who are in an emergency," 32-year-old Dildar Begum said.

Hundreds of thousands have lived in Bangladesh for decades and about 70,000 crossed the border from Myanmar in 2024. During fighting with the military junta, the opposition force known as the Arakan Army effectively took over the Rakhine state where Rohingya were displaced and took shelter in Bangladesh. □



Former King Gyanendra Shah of Nepal waves upon his arrival at Tribhuvan International Airport in Kathmandu, Nepal, Sunday, March 9, 2025.

Associated Press

By **BINAJ GURUBACHARYA**

Associated Press

KATHMANDU, Nepal (AP)

— Thousands of supporters greeted Nepal's former king

in capital Kathmandu on Sunday and demanded his abolished monarchy be reinstated and Hinduism brought back as a state religion.

Thousands in Nepal want monarchy back as public frustration with politics grows

An estimated 10,000 supporters of Gyanendra Shah blocked the main entrance to Kathmandu's Tribhuvan International Airport as he arrived from a tour of western Nepal.

"Vacate the royal palace for the king. Come back king, save the country. Long live our beloved king. We want monarchy," the crowds chanted. Passengers were forced to walk to and from the airport.

Hundreds of riot police blocked the protesters from entering the airport and there was no violence.

Massive street protests in

2006 forced Gyanendra to give up his authoritarian rule, and two years later the parliament voted to abolish the monarchy as Gyanendra left the Royal Palace to live the life of a commoner.

But many Nepalis have grown frustrated with the republic, saying it has failed to bring about political stability and blaming it for a struggling economy and widespread corruption. Nepal has had 13 governments since the monarchy was abolished in 2008.

Rally participants said they were hoping for a change in the political system to stop

the country from further deteriorating.

"We are here to give the king our full support and to rally behind him all the way to reinstating him in the royal throne," said Thir Bahadur Bhandari, 72.

"The worst thing that is happening to the country is massive corruption and all politicians in power are not doing anything for the country," Shrestha said. "I was in the protests that took away monarchy hoping it would help the country, but I was mistaken and the nation has further plunged so I have changed my mind." □

The Lionfish

And its threat to our marine wild life

(Oranjestad)—Despite its colorful and striking appearance, the lionfish has become a Caribbean-wide problem for Atlantic sea life. The Aruban marine wild life is also affected by this beautiful dilemma, as it is foreign to our waters and has become a danger to our local fish and reefs.

Originating from the Indo-Pacific Ocean, the lionfish is a relatively small fish. It has no teeth, but it does protect itself against predators using its sharp, colorful spikes. It is said that the sting of a lionfish can be up to 100 times more painful than that of a bee's sting.

Its natural predators in the

Indo-Pacific are sharks and barracudas, but in the Caribbean Sea, local fish do not recognize the lionfish as part of their diet. In other words, the lionfish has no predators in the Caribbean Sea. And this becomes a major problem for our local marine life; if there are no predators to stimulate population control of lionfish, these fish can continue to reproduce and expand to other parts of the Atlantic, become more invasive and dangerous for other types of fish.

For Aruba, the lionfish is a problem especially for our local coral reefs. According to Patrick van Brakel, lionfish expert and hunter from the Hunting Lionfish Aruba foundation, every reef has a "cleaning station"—tiny fish that eat algae and other types of waste on a reef, thus maintaining the reef's health and providing food to the fish population in the area. However, as the lionfish feeds off of these tiny fish, it becomes harder for the coral reef to maintain its health.



Patrick also shares the origins of lionfish in the Caribbean Sea. It is theorized that the introduction of these fish in the Atlantic happened in Florida, where people would buy lionfish from across the world to keep in their aquariums. However, lionfish grow, and as these buyers realized that the fish were too much upkeep, they were let out into the ocean to roam free. From continental USA, the lionfish travelled to and invaded the entire Caribbean area, from Aruba, Bonaire and Curacao up to New York. In Aruba, lionfish were discovered in 2009.

Controlling the lionfish population is challenge, as each female fish can lay up to

40,000 eggs a day. Luckily, we have people like van Brakel who dedicate their lives hunting and capturing these invasive species, using them for consumption and jewelry making.

They are caught with a hand spear, an object resembling a garbage picker with 4 sharp prongs. These spears are used like a sling shot to catch lionfish from a distance. These fish are then put into a collecting tube and taken out of the water. Van Brakel not only catches them himself, but also cooks them for locals and tourists at The LionFish Snack Aruba in Paradera. This way, he does his part in protecting the local wild life. □



Aruba to me



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promotional purposes without compensation.

Last but not least: check out our website, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again.

For today we received a lovely message from James & Eileen McDonald from Boston, MA, USA.

They wrote to us saying: "Aruba to us is being greeted each year by this lovely lady, Charlotte, who makes our days even brighter in our happy place!"

Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers! □

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Aruban snacks and where to find them

ORANJESTAD — Want to taste something different for a change? How about some Aruban snacks that you can find all around the island? Hop in your car, and go to these locations to find some of the most popular and tasty snacks that are beloved by our locals.

One of the staples of Aruban cuisine and snacks is the Pastechi. Pastechi is a Caribbean fried pastry that is filled with cheese, meat, chicken, veggies and sometimes even fish! Or perhaps you might want to try a croquette, locally called a "kroket," which is a crusty fried snack with typically a meat and dough mix filling. The Aruban kroket is based on its Dutch counterpart, the "bitterbal".

These two snacks are typically found in all local snack trucks, which can be found all over the island, including on the side of the main road that stretches from San Nicolas to the Hotel Area. You can also find pastechis and kroketts at local bakeries and snack shops, like Bright Bakery in Piedra Plat, Huchada in Santa Cruz or Pastechi House in the city center. These places may also sell other snacks and sandwiches too, perfect for on-the-road lunch break.

While you're at it, why not accompany your snack with a refreshing "batido"? Batidos are fruit shakes, typically made with added milk for some creaminess. However, you can also ask to hold the milk. Batidos are commonly found in

snack shops too. You may find some batido shops next the flea markets downtown, or if you're on your way to San Nicolas, at Mauchi Smoothies and Juice Bar in Savaneta (located at the side of the main road).

If you are looking for something a bit more fresh and healthy, why not try some coconuts, or shaved ice from local vendors? These vendors carry their little shop at the back of their truck, so they are ever-moving around the island. However, there are a few spots where you can almost always find a coconut/shaved ice vendor:

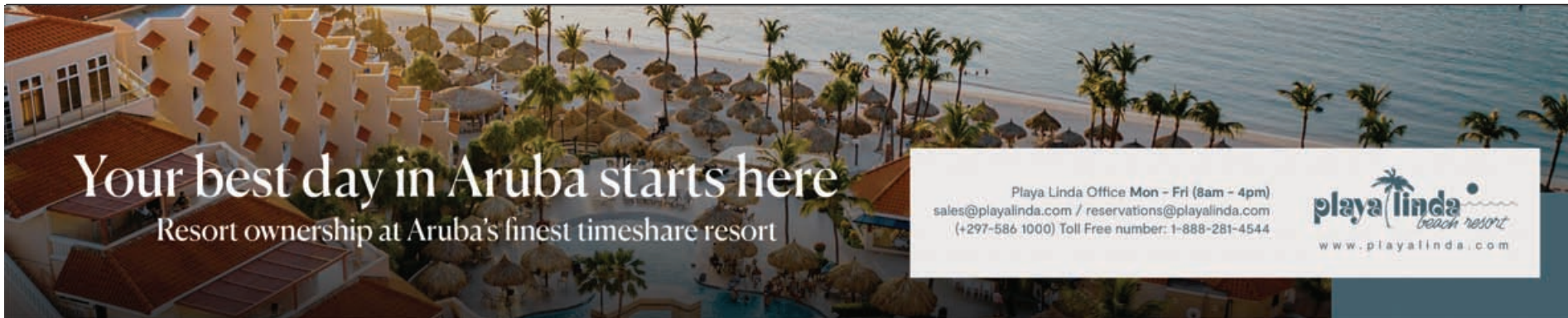
1. Right next to the Red Anchor in San Nicolas, on the way to Baby Beach.
2. Along the main road next



3. At the California Light House.
4. At the Alto Vista Chapel.

These vendors may also sell other delights, like the beloved coconut-based dessert "cocada" or peanuts. All in all, in Aruba, you can always find some place to take a break and have a bite of something local, you maybe just might have to look for them!

Photo credit: wheninaruba.com



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The Bali Restaurant: a touristic hot spot and lost gem on the island

(Oranjestad)—Once located in what is now the Renaissance Marina, the Bali Restaurant was once both a touristic and local hot spot, and nowadays it's considered a forgotten gem on the island.

Known as "the floating restaurant", Bali first opened in 1955 by Willem "Bill" Strijland, who had experience in Javanese cuisine. At the time, the restaurant was pretty exclusive—with space to host only 25 guests. Yet, 4 years later, it was named the best restaurant in the Caribbean by the Caribbean Tourist Association.

The restaurant was probably most iconic for its Javanese-inspired exterior with its pointy, slanted roofs. However, the first version of Bali did not look like that at all but was still considered as one of the most popular



restaurants on the island at the time. The restaurant saw three different owners during its existence, during which it underwent various renovations and rebranding.

In 1964, the restaurant was taken over by Karel "Carl" Schmand. Over the years, the restaurant needed constant renovation and repair, mainly due to its vulnerability to leaks and the unstable pillars underneath the foundation. However, the biggest change made

to the restaurant happened in the year 1970—still under the ownership of Schmand, when it got its iconic pointy roofs. The restaurant was also expanded to host a total of 85 guests. This was "The New Bali", who had its official (re) opening in 1972.

After 1972, when Ronny Schmand took over, the restaurant saw yet another expansion; this time complete with a long bar and dance floor, where guests enjoyed live music from legendary

Aruban musician and composer, Toti Arends.

After 1989, the restaurant was again handed over to other owners, and since then suffered from unstable pillars underneath the foundation, resulting in various leaks and overflowing of water into the restaurant. And as most great things come to an end, so did the survival and maintenance of the Bali Restaurant. However, folks today still reminisce its legacy, and it's now considered a lost monu-

ment.

Be apart of the conversation: if you or any family member of yours have a memory of the Bali restaurant, whether it be a picture or just a story, share it with us! We would love to see this legendary hot spot through the lens of our visitors! □

Source and pictures credit to: "De Kolibrie op de Rots (en meer over de geschiedenis van Aruba)" by Everf Bongers.

Exploring the Mainstreet of San Nicolas

SAN NICOLAS— At Just 11 miles southeast from Oranjestad you will enter the city San Nicolas, also known as Sunrise City or Chocolate City. A city that is rich in authentic culture and island charm. San Nicolas is Aruba's second largest city and was once a bustling company town dominated by the oil industry since the early 1930's.

Over the course of four decades, its demographics had changed immensely due to a stream of Afro-Caribbean and South American workers who came to fill the jobs in the oil refinery between the 1920's until the 1960's. To this day traces of the multicultural influences in culinary offerings and customs, housing and population are clearly visible in San Nicolas - more than anywhere else on the island.

Flow of history

if you are looking for history San Nicolas has it. Here you will find three amazing museums, The Mu-

seum of Industry, the Community Museum and the Carnival Euphoria, all within walking distance from one another.

The Museum of Industry is situated in the Water Tower in San Nicolas and narrates Aruba's industrial history which began in the 19th century. Here you will learn about gold, aloe, phosphate, oil and the tourism industries which made San Nicolas once a bustling business center. Experience the touching stories of those who were part of this history.

Nicolaas Store built in 1940 and renovated in 2014 is the home of the Community Museum. The collection is remarkable and spans millennia. Ancient fossils stand next to tableaux of an authentically recreated colonial kitchen and bedroom and 19th-century barbershop, just to name a few of the items of old-time Aruba that has been preserved. A collection of

artifacts and other objects of artistic, cultural, historical, or scientific importance can be found here for the purpose of education or enjoyment.

Carnival Euphoria is showcasing Aruba's Carnival. See how are Carnival has developed over the past 65 years.

The new San Nicolas

In the shadow of the refinery, an art capital is quietly beginning to grow. This is the new San Nicolas, a place that is starting to become a magnet for all that is young, cool and hip in Aruba. Indeed, San Nicolas has all of the ingredients of an emerging cultural hub — varied history, interesting architecture, and, perhaps most importantly, an urban layout that makes it walkable. As you walk around, the streets are silent but the walls are loud, filled with bright, colorful murals painted by a collection of artists from around the world. Thanks to the efforts of various art

organizations in Aruba, such as Art Rules Aruba and Aruba Art Fair, San Nicolas has had quite the aesthetic makeover with regards to vibrant street art. Each year more and more stunning murals are replacing broken down buildings with colorful art pieces that keep brightening up SunriseCity.

Must See, Do, Buy & Eat

A little bit of everything can be found in the main street. Stores selling shoes, clothing, jewelry you name it. Arts & crafts by Cosecha store & Creative Center, a design store in which you can immerse yourself in discovering genuine and locally made arts and crafts which reflect the diversification of the Aruban craft heritage and the artistic supply of artisans. Don't miss out on trying the exquisite food offered by the cafes and restaurants or just enjoy a peaceful walk admiring the murals, mosaic benches and all the history San Nicolas has to offer. □

Today is going to be a good day

(Oranjestad)—Here's why: Aruba Today collected some things to do BEYOND the beach. Yes, we know. Aruba, located 15 miles north of Venezuela in the warm waters of the southern Caribbean, is home to beautiful white-sand beaches, 82-degree days, and thus ideal for the perfect beach day. But we are also blessed with some of the warmest people in the world and our island is 19.6 miles long and 6 miles across, with a total area of 70 square miles. Bit more to discover than the white stretch on the coastline we say. Let's mention some of these hidden gems.

Nature Calls



The Arikok National park is worth the ride. We love the hikes that are guided by the park's rangers whose job is to maintain trails and protect natural resources. The flora and fauna are beautiful and the historical sites tell you about the island's indigenous roots. The guided tours are even free of charge. If you are not up to walking, you can drive through the park, one way or another this park is a great place to spend an entire day. Cruising through the landscape you end up at some of the most stunning beaches like Dos Playa or Daimara Beach. In Total the park consists of 7907 acres protected nature with a richness of animals living in it. The Aruban whiptail lizard (cododo), Aruban cat eye snake (santanero) and endangered rattle snake (cascabel) are just some of them, you can also admire these close in the park's Visitors' Center. For more information, visit the website www.arubanationalpark.org

Philip's Animal Garden



To stay with the animals, let's hop to an amazing place. Something different to do, an experience that is to be enjoyed by people of all ages. Welcome to Philip's Animal Garden. We are not talking about a zoo here, this is actually a sanctuary for all types of creatures, from

horses to peacocks, kangaroos to turtles, monkeys, goats, and many, many more different species. The place was founded in 2009 and it is the only organization rescuing and rehabilitating exotic animals in Aruba, which has resulted in an amazing collection of these animals. They provide a suitable living environment for all the rescued animals. Up until now the owner, Philip, has built this shelter with his own efforts; building all the cages from scratch, designing all structures and welding them with his own bare hands. His goal is to upgrade the facilities to a world-class animal shelter with veterinary care and round-the-clock staffs. With the input from the Aruban community and visitors they provide the best care for these animals. Please check out their website for more information: www.philipsanimalgarden.com.

The Lighthouse



No, you would not think of this as a hidden gem. The California Lighthouse is actually one of the most known highlights in Aruba and many repeated guests most probably took the ride uphill already. But, there is a significant change to this tower. Since September 2016 you can climb the top. In 2015 Stichting Monumentenfonds started the restoration of the California Lighthouse. The project finished in September 2016 and the Lighthouse is now open for visitors to enjoy the beautiful view from the top. The construction of the California Lighthouse started in 1915. The name 'California' came from a vessel of the West India Company and Pacific Steamship Co. called 'California' that shipwrecked in the area in 1891. Therefore they came up with the idea of building a lighthouse that could indicate the island's eastern tip to ships with its light. www.arubalighthouse.com will give you more information.

Kayak in the Mangroves



Mangel Halto at Savaneta is definitely a place not to miss out on. The beautiful beach with the natural mangroves is simply a beauty, but if you

are into a more active way to enjoy the nature: take a kayak. While you are doing some work-out -as it might get a little windy and rough-, you will see the island from a different perspective. You can even make a stop to do some snorkeling at the reef. Its fun, it's healthy and for sure something else. There are several companies that offer kayak tours, we had good experience with The Shack Kayak Tours Aruba, find them on Facebook.

Take an "off-road" sightseeing tour



A must-do activity on the island is for sure taking an off-road sightseeing tour. If you have a rented car, you can drive through the north-eastern side of Aruba and explore the natural pools, caves, rock formations and gorgeous view of the Atlantic Ocean. To access most of these sights, like the natural pool (Conchi) and the Guadirikiri and Fontein caves, you must enter through the Arikok National Park and buy a day pass. Then you drive up the rugged road that leads you through the white dunes, caves and along the wind turbines. Other locations, like the Ayo and Casibari Rock formation are situated more in the center of the island, and are free for guests, 24 hours a day.

Go for a shopping spree in the city center



Need a new bathing suit? Head to the city center of Oranjestad, where there is countless of different stores—both high end and more affordable—that can offer you the service you deserve! Local shopping stores often offer a more affordable price, and have a variety of clothes, shoes, bathing suites, purses and more. Along the Royal Plaza strip, there are numerous jewelry stores with great quality jewelry. In the Renaissance mall, you can shop high-end luxury brands, like Dolce & Gabbana, Kate Spade, Louis Vuitton and more.

Around the high-rise hotel area near Palm Beach, the Paseo Herencia Mall contain a variety of shopping stores, restaurants, small food stands and even a movie theater! ☐

The district of Savaneta

A quick history guide to the island's first capital

(Oranjestad)—Before Oranjestad became the island nation's capital, Aruba's first capital was the district of Savaneta. Here is where the cultural identity of Aruba was born, and from where the rest of the island developed into what it is today.

Savaneta is said to have been the first place where the Caquetio inhabitants first stepped foot on the island. Though there isn't hard evidence to back this up, but considering the legend of the Cacique Arua, it is believed that there were already movements on Aruba—and Savaneta—around 88 AD.

The Caquetios probably made their way to the island either from Venezuela, Colombia or other Caribbean islands in the region, but with good weather it was relatively easy for them to travel back and forth in their canoes. So, since the Caquetios discovered the island, Aruba found her first form of civilization.

It wasn't until 1499 when Aruba met another group of people who set foot on the island: the Spanish explorer Alonso de Ojeda. De Ojeda first took notice of Aruba off the coast of Venezuela, during his exploration of the Latin American country. This was on August 9th, 1499. However, de Ojeda didn't actually sail to the island till 4 days later, on August 23rd, 1499. This was the beginning of the Spanish era on Aruba (1499-1636).

Alonso usually didn't stop at every island or land he saw, especially not in the Caribbean. He would often take notice of land from afar and continue sailing. However,

Aruba was an exception. He had heard that there were "quebracho" trees on the island, which were commonly used to produce dye or paint. But since these trees could not be found in Savaneta, he continued to search in the area of what is now known as Santa Cruz. The best way to transport the tree barks was via a route passing through Savaneta, and so the first road between Savaneta and Santa Cruz was made.

The Dutch colonial era (1636-1805)

During the 80-year war between The Netherlands and Spain, Dutch explorers and merchants began to travel to the ABC islands. Once they landed in Aruba, they deported the small Arawakan and Spanish community that was living on the island. This was the beginning of colonization of the ABC islands by the Dutch empire. Around the same, the West Indian Company (WIC) was born. Bonaire and Curaçao were mostly used for plantations, where the Dutch had transported slaves from Africa. Aruba, on the other hand, was mostly used to raise cattle and to house the haring factory. The Dutch had often forced the indigenous community to work for them.

In 1636, when the Netherlands won the war against Spain, the country surrendered the islands to the Dutch.

The Dutch administration appointed the island's first commander, an Irish man named N. Williams. Because the Dutch were interested in other Caribbean islands and countries in South America, they imported Dutch merchants and business



Commandeursbaai (Commander's Bay) at Savaneta

men, all of whom resided in Savaneta. This way, Savaneta officially became the island's first capital.

However, at the end of the 18th century, the commander at the time, J.R. Lauffer, moved his office to what is now "Horse Bay" in Oranjestad. Because the highest office on the island moved away from Savaneta, the capital lost its title to what was called then Playa.

How Savaneta got its name

The name Savaneta probably has a Spanish origin. It was said that when the Spanish climbed a hill called Yara, they saw that the area was mostly open and had no big trees. In Spanish, such a land area is called a "sabana".

Because of its land surface, Sava-

neta was a great place to construct cattle farms. From here, the farmer culture on Aruba was born. Before the Aruban Gold Rush and the construction of the Refinery in San Nicolas, most residents were farmers, and Savaneta had many inhabitants that farmed fruits and vegetables. They also continued the tradition of raising cattle, like goat, sheep, pigs and horses. Savaneta was one of the first places on the island to have a general farming culture. From this culture, many other traditions were born, like the Dera Gay Holiday that we celebrate every year on June 24th. □

Source: Historia di Savaneta (History of Savaneta) by Adolf "Duffi" Kock.



Alonso de Ojeda



"Quebracho" (Kibrahacha) tree; used to make dye and paint

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Raced form
5 Dragon's home
9 Digging tool
10 Book of maps
12 "The Tempest" sprite
13 Character found in kids' books
14 Root vegetable
16 Life story, for short
17 Frozen desserts
18 Optimally
21 Homer's neighbor
22 Exhalation
23 "What a pity"
24 Poultry purchases
26 Uncooked
29 Seasoned sausage
30 Song for one
31 Noah's boat
32 Root vegetable
34 Political crime
37 Did some modeling
38 Sun-powered

DOWN

- 1 Evergreen tree
2 Matched up
3 Perfect places
4 Sandwich shop
5 Judge's concern
6 One day — time
7 "Yeah, right!"
8 Root vegetable
9 Glossy fabric
11 Chimney grime
15 Root vegetable
19 Pekoe and oolong
20 Naughty
22 Period of growth
23 Relaxing resort
24 Root vegetable
25 Acid's opposite
26 Ribbing tributes
27 Changes
28 "Toy Story" character
29 Hangs low
30 Gem
33 Ready for business
35 Passing craze
36 Attempt

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	40						41			

3-11

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

3-11

CRYPTOQUOTE

R I F V L T L T S I L H Y K X O X O T

L I C T C , K H T D T L R C Z L K H Q .

— N F V H L V A I H N K A T H T W
Cryptoquote: THERE HAS NEVER
YET BEEN AN UNINTERESTING LIFE.
— MARK TWAIN

Cruise ship Schedule: March 10 - 14 2025

			ARR	DEPT	BERTH	
MON	10	QUEEN VICTORIA	08.00	17.00	B	1
		COSTA FORTUNA	08.00	17.30	C	1
		ADVENTURE OF THE SEAS	09.00	22.00	I	1
TUE	11	ROTTERDAM	08.00	****	B	1
		CARNIVAL MAGIC	09.00	22.00	C	1
		NORWEGIAN VIVA	13.00	21.00	I	1
WED	12	ROTTERDAM - Dept.	****	17.00	B	-
		GRANDEUR OF THE SEAS	08.00	****	C	1
		CORAL PRINCESS	09.00	18.00	I	1
THU	13	GRANDEUR OF THE SEAS - dept.	****	17.00	C	-
FRI	14	CLUB MED 2	08.00	13.00	C	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.

Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.

Drinking water

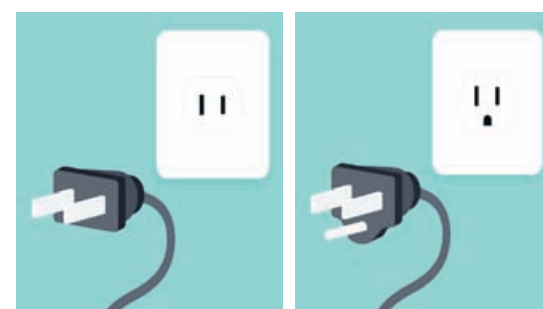
The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.

Supermarket hours

Supermarket hours may vary depending on where you are staying on the island. Generally though, most supermarkets are open from 8am to 9 or 10pm, Monday through Saturday. On Sundays, supermarkets generally close earlier; mostly around 2pm.

Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.



How one small business is navigating Trump's on-again, off-again tariffs on Canadian goods



Bryan Szeliga owner of Fishtown Seafood poses for a photograph at his location in Haddonfield, N.J., Thursday, March 6, 2025.

Associated Press

By MAE ANDERSON
AP Business Writer

NEW YORK (AP) — At Fishtown Seafood, owner Bryan Szeliga is worried about the oysters.

Szeliga, who operates three retail and wholesale locations in Philadelphia and Haddonfield, N.J., sells a range of seafood. But briny, slurpable oysters are the biggest part of his overall business. And 60% to 70% come from Canada.

The Trump's administration's on-again, off-again 25% tariffs on imports from Canada — which went into effect on Tuesday only to be suspended on some items for a month on Thursday — are giving Szeliga whiplash. The flip-flopping is making it tough to plan ahead. And if the tariffs do eventually go into effect, he'll likely need to raise prices and offer his customers fewer choices of oysters.

"Part of the problem of the 'chaos and shock and awe' approach to the negotiation is you can't actually really business plan based on knowing what is and isn't actually going to happen," he said. "That's a big problem."

Szeliga started Fishtown Seafood four years ago after other jobs in the food industry including chef and working for a nonprofit. His customers include neighborhood locals and others who shop at his retail shops as well as restaurant wholesale clients.

He sources some of his U.S. products directly from fish farms but for Canadian oysters he goes through dealers.

"They're larger companies that aggregate from all the (seafood) producers and then and then distribute throughout the country," he said.

There's also a quality consideration.

"Canadian oysters simply have the size, flavor profile, and brand recognition that our customers prefer and have grown to love," he said.

Trying to plan

On Tuesday, most of his suppliers told Szeliga they'd be raising prices. He only made one purchase while the tariff was in effect, buying some "sweet petite" oysters from Prince Edward Island, to make sure a wholesale client had enough product. He paid the whole 25% markup himself and didn't pass it along to his client, eating the extra cost. The suppliers' price increases are likely to come down now that

the tariffs are postponed, but only for a month.

Now that he has a month reprieve, Szeliga said he plans to adjust his own inventory and work with his wholesale clients to plan out a menu that will be less affected by the tariffs. That might mean replacing higher-priced, higher-quality oysters with domestic or lower-priced Canadian offerings. □

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2 Bed WK 52 Ocean View \$65,500
2 Bed WK 7 and 14 - all views

GOLD SEASON

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2 Bed Oceanside \$15,500
2 Bed Ocean view \$14,500
2 Bed Garden view \$13,000
3 Bed Ocean view \$30,000

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1 Bed Ocean front \$23,000
1 Bed Ocean View \$17,000

GOLD SEASON

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1 Bed Ocean View \$11,500

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San Nicolas

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PHARMACY ON DUTY

Oranjestad:

Dakota: Tel. 588 7364

San Nicolas:

San Lucas: Tel. 584 5119

OTHER

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Blood Bank Aruba 587 0002
Urgent Care 586 0448
Walk-In Doctor's Clinic
+297 588 0539

EMERGENCY

Police	100
Oranjestad	527 3140
Noord	527 3200
Sta. Cruz	527 2900
San Nicolas	584 5000
Police Tipline	11141
Ambulancia	911
Fire Dept.	115
Red Cross	582 2219

TAXI SERVICES

Taxi Tas	587 5900
Prof. Taxi	588 0035
Taxi D.T.S.	587 2300
Taxi Serv. Aruba	583 3232
A1 Taxi Serv.	280 2828

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American Airlines	582 2700
Avianca	588 0059
Jet Blue	588 2244
Surinam	582 7896

AID FOUNDATIONS

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FAVI- Visually Impaired
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Alcoholics Anonymous
Tel. 736 2952
Narcotics Anonymous
Tel. 583 8989
Fundacion Contra Violencia
Relacional Tel. 583 5400
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Russell Henley with a late charge and a big eagle wins Bay Hill for biggest career win

By DOUG FERGUSON

AP Golf Writer

ORLANDO, Fla. (AP) — Russell Henley delivered a late charge that would have made Arnold Palmer proud, capped off by chipping in for eagle on the 16th hole to rally with a 2-under 70 at Bay Hill on Sunday for the biggest victory of his career.

Henley trailed Collin Morikawa by three shots with five holes to play in the Arnold Palmer Invitational when it all changed with a pair of two-shot swings.

Morikawa missed the green on the par-3 14th hole and took bogey, while Henley hit his tee shot to just inside 10 feet for birdie, cutting the deficit to one shot. Nothing was more stunning than the par-5 16th hole, however.

Morikawa laid up from a fairway bunker and hit wedge to 18 feet. Henley went through the green to thick rough and had to chip from more than 50 feet away down the slope to a front pin on a green that was yellow, looking as though it barely had any grass.

It was racing toward the hole when it smacked into the pin and dropped for eagle, giving him the lead for the first time all day when Morikawa failed to convert his birdie



Russell Henley holds the championship trophy after winning the Arnold Palmer Invitational at Bay Hill golf tournament, Sunday, March 9, 2025, in Orlando, Fla.

Associated Press

putt. Henley finished with two pars and Morikawa, who closed with a 72, couldn't catch him.

"I was just so nervous. I can't breathe right now," Henley told NBC off the 18th green. "It's so hard and difficult around this place. I just tried to stay really tough this week."

He made it tough on himself at times, particularly when he made a mess of both par 5s on the front nine to take

bogey on each of them, and then starting the back nine with a bogey from the fairway.

But the 35-year-old from Georgia made up for it in a big way, particularly the chip-in for eagle that he called a good break. It's likely the ball would have run some 10 feet by the hole, if not run off the green. Breaks like that are what wins tournaments.

"This game is just so hard,"

he said. It was another close call for Morikawa, the two-time major champion whose game is back in order and now is missing only a trophy that he hasn't hoisted in 17 months.

He began by holing a bunker shot for birdie on the first hole. He was in the lead all day, in control all day, in what had been a sleepy final round on a brutal test of fast, firm conditions.

And then suddenly he wasn't.

"Hats off to Collin. He played super steady," Henley said. "Sometimes golf is just mean like that."

Corey Conners opened with 15 straight pars, made one birdie in his round of 71, and finished two shots behind. The consolation prize for the Canadian was earning the one spot available this week in the British Open this summer at Royal Portrush.

Ryder Cup captain Keegan Bradley set a tournament record with a 29 on the front nine, only to stall and match the tournament-low 64 to tie for fifth. Defending champion Scottie Scheffler didn't make enough putts or enough birdies for the week. He closed with a 70 and tied for 11th. Scheffler now heads two hours up the road to the TPC Sawgrass as the two-time defending champion at The Players Championship. Henley finished at 11-under 277 and earned \$4 million from the \$20 million purse. It was his fifth career win on the PGA Tour, though never against a field this strong. He was more than up to the task as his game has become consistently good over the last three years.

The victory moves him to No. 7 in the world, and he looks the part of a top-10 player. □



Minnesota Vikings quarterback Sam Darnold looks to pass during an NFL football game against the Seattle Seahawks, Sunday, Dec. 22, 2024, in Seattle.

Associated Press

By ROB MAADDI

AP Pro Football Writer

The NFL's free agency period opens Monday with a 52-hour legal tampering period ahead of the official start of the new league year on Wednesday.

Several high-profile players,

including quarterbacks Russell Wilson, Sam Darnold and Justin Fields, will be free to sign a contract with a new team.

Here's an explanation of rules and terms:

What does legal tampering mean?

NFL free agency explained, from salary cap and tampering to franchise and transition tags

At 12 p.m. EDT Monday, teams can start negotiating with players who will become unrestricted free agents when their contracts expire at the start of the new league year on 4 p.m. EDT Wednesday. Players can't sign with new teams until the league year officially begins. The two-day negotiating period applies only to players who will be unrestricted free agents.

Who are unrestricted free agents?

Any player with four or more accrued seasons — six or more regular-season games on a club's active/inactive, reserve/injured or reserve/

physically unable to perform lists — whose contract has expired becomes an unrestricted free agent and may negotiate and sign with any team.

Who are restricted free agents?

Restricted free agents are players with three accrued seasons who have received a qualifying offer when their current deals expire on Wednesday.

What is a franchise tag?

Each team can designate one potential free agent a franchise player. Only Bengals wide receiver Tee Higgins and Chiefs guard Trey Smith received the tag be-

fore the March 4 deadline. An exclusive franchise player is not free to sign with another club and is offered the greater of the average of the top five salaries at the player's position for the current year as of the end of the restricted free agent signing period on April 18; or the amount of the required tender for a nonexclusive franchise player. A nonexclusive franchise player can sign with another team, but that club will owe his previous team two first-round draft picks. All the players tagged this year are nonexclusive. A team has to sign a franchise player by Nov. 11. □

Is winning the F1 title in 2025 a trap? A looming rules reset could punish this year's contenders

By JAMES ELLINGWORTH
AP Sports Writer

LONDON (AP) — Could winning the Formula 1 title in 2025 actually hurt a team? That's the dilemma facing F1's team principals as sweeping regulation changes for 2026 threaten to upend the competitive order. "Whoever continues to develop will probably win the championship, but you'll pay the price in 2026," Mercedes driver George Russell said Tuesday.

An F1 title fight can often come down to developing and refining a car throughout the year. Mid-season upgrades were crucial to McLaren winning the constructors' title for the first time in 26 years in 2024, while Red Bull's late tweaks helped Max Verstappen defend his drivers' title.

The problem is that teams that start 2025 poorly could choose to abandon development work on the current car and focus all energy on next year, which brings sweeping changes to cars and engines alike.

A head start could yield big gains for years to come.

How to win when the rules change

"It's going to be a very, very busy year for us," said Red Bull team principal Christian Horner, who is balancing Verstappen's bid for a fifth consecutive title in 2025, the team's 2026 project, and a new Ford engine for next year. F1's spending cap means "it's the same money for everybody, but you will apply your resource accordingly," Horner said.

Red Bull was the undisputed winner the last time there was a big regulation change, even though it had just won the drivers' title with Verstappen.

Red Bull's 2022 car embraced ground-effect aerodynamics far better than the opposition, and especially its 2021 title rival Mercedes, whose design was visually striking but way off the pace. Red Bull has won 47 races since then, Mercedes just five.

Even the standings enforce future suffering as the price for present success. The

worst-performing teams are allowed extra time to develop aerodynamics in vast and costly wind tunnels. The champion gets the least.

Red Bull was third in the constructors' standings last season, largely because of Sergio Perez's run of poor form, so it gets a little more wind tunnel time this season than McLaren or Ferrari.

"Particularly in a regulation change, that's always going to be quite useful," Horner said.

New challengers emerge Several ambitious teams have little to lose from gambling on 2026.

Williams driver Alex Albon said Red Bull's advantage last time explains why he's already testing out ideas for

2026. "It's taken until now for teams to catch up, finally. It just shows you the importance of getting a head start at the very beginning, and I think that's why you're going to see this awkward year," Albon said.

"In the simulator, what we're doing, there's already a focus into next year. It seems crazy to say it when we haven't even turned a wheel yet in this year's competition." Aston Martin has signed star car designer Adrian Newey, who developed Red Bull's dominant car the last time the rules changed. Newey joins next month with a focus on 2026 and the team has invested heavily to transform its factory.

Sauber is in what driver Nico



Red Bull driver Max Verstappen of the Netherlands in action during a Formula One pre-season test at the Bahrain International Circuit in Sakhir, Bahrain, Friday, Feb. 28, 2025.

Associated Press

Hülkenberg called a "building year" before rebranding as Audi and General Motors is creating a team from scratch under the Cadillac brand for 2026.

An extra challenge for rookies The upcoming change is another obstacle for the many rookies in F1 in 2025. Much of what they learn will

soon be out of date.

"Obviously next year is going to be completely different," said 18-year-old Andrea Kimi Antonelli, who's making his F1 debut with Mercedes.

"I'm going to try to attack all the time and try to make as much experience as possible to then be even more prepared for '26." □



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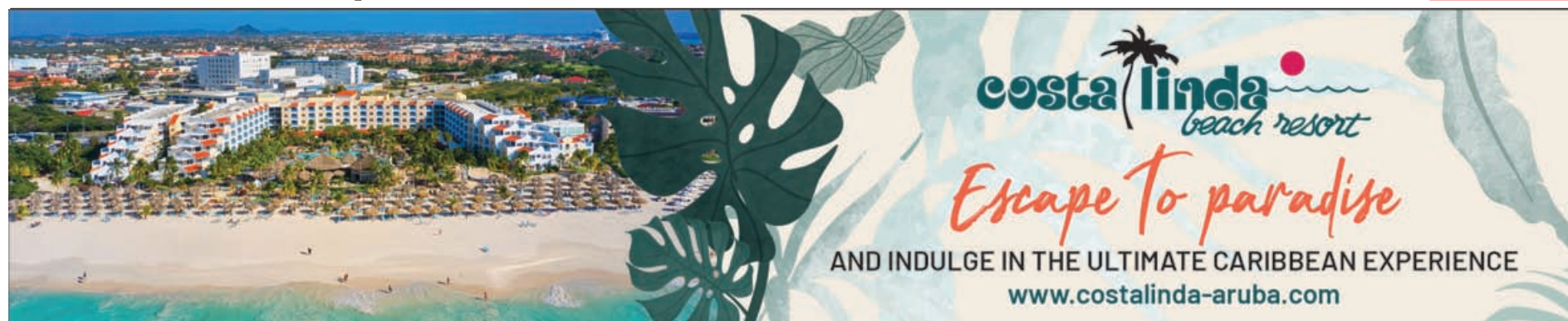


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Palm Beach – When you think of a restaurant that pleases the needs of a whole family or a large group of people with all different tastes? Think Water's Edge Restaurant. Located at the shore of Aruba's most wonderful beach, The Eagle Beach Aruba. Water's Edge Restaurant is guaranteed to serve you a fantastic magical night to remember. Whether you prefer to enjoy the view from indoors air conditioned comfort, outdoors in the soft tropical breeze or under a palapa with your toes in the sand. This spectacular restaurant offers the best ocean view sunset or sky full of stars dinner while the crispy Caribbean night wind caresses your face and plays with your hair.

From the minute you arrive there will be a great staff welcoming you with the most contagious smiles and warmth. The intense menu with a great variety of appetizers, main courses and delicious desserts will not disappoint. Seafood, Steaks and international favorites. All on one menu specially made just for you.

Culinary Voyage

Start your gastronomic journey with a scrumptious appetizer such as the Maryland Crab Cakes, maybe the Crispy Calamari or the mouthwatering creamy Garlic Tarragon Shrimp. You can also opt for a classic

French Onion Soup, a Lobster Bisque or the famously Water's Edge House Wedge, a crisp wedge of fresh romaine lettuce topped with homemade blue cheese dressing, diced tomatoes, chopped bacon, caramelized pecans and blue cheese crumbles, drizzled with balsamic reduction. This followed by the Chef's special of seafood such as Fresh salmon filet seasoned and grilled, topped with lemon cilantro butter and served with homemade mashed potatoes and fresh asparagus, a nice plate of Ahi Tuna or a succulent pasta dish like the Florentina Fettuccine Alfredo. Meat Lovers will have their fix with choices of a devourable 22oz. Bone-In "Tomahawk" Rib-Eye, pan seared in garlic infused oil and finished in the oven or our juicy N.Y Strip Loin, seasoned & grilled. All our steaks options are seasoned with a blend of kosher salt and freshly cracked black pepper. Served with homemade mashed potatoes, seasoned vegetables and a choice of red wine reduction, green peppercorn demi glace, mushroom sauce, or bacon blue cheese butter. For extra sides the options are delectable. Fresh asparagus, seasonal vegetables, mashed or baked potatoes, fries or rice and beans. Combine your personal choice with one of the most exclusive wine from the great selection of international wines to compliment your dish. Kids will enjoy every item of the specially compiled kids menu and there are also optional dishes for all vegans, vegetarians and gluten-free guests. To end the culinary voyage with some luscious sweetness, the desserts are wild. From a piece of coconut flan, NY cheese cake, carrot cake, chocolate brownie or our classic Tiramisu with kahlua and amaretto served with chocolate sauce and coffee jelly. Not to mention the fresh and light piece of key lime pie.



Creating memories

If you are planning a birthday dinner, here you will receive a nice bottle of champagne to take home with you to extend your experience even further whether on the beach or your own private balcony.

Live entertainment

Just about every day of the week, there is a different live entertainment by the best local artists for you to enjoy. Whether you're in a romantic mood, or more in a swinging mood, there is absolutely a night especially for you where you can combine great music with delicious cocktails mixed with concoctions. In addition, Water's Edge offers three daily Happy Hours from 12pm-1pm, 4pm-6pm and again from 9pm-10pm with all premium brands specially priced.

Breakfast, Lunch & Dinner

Whether you join us for breakfast, lunch or dinner, Water's Edge Restaurant & Bar offers a relaxed and inspirational dining experience overlooking the beautiful Eagle Beach with spectacular ocean views. Gather with friends and family for drinks and appetizers or a night of pampering and relaxation.

Thank you to all our guests

From the bottom of our hearts, we would like to Thank all of our guests who showed us so much love and support all throughout the year, and hopefully will continue to do so in the years to come. What we are most grateful for is that we could get back to doing what we love, which is looking after our guests. So, thank you for every dinner, lunch, breakfast, every to-go order, every glass of wine, every birthday, anniversary and date-night that you spent with us this last year. To our new guests, Welcome! We hope you to see you back soon! ☐



"Water's Edge Restaurant is where magnificent beach views, amazing food and excellent service come together."

Water's Edge is open daily from 8am – 11pm

To reserve your table please call **+297 583-8000 / ext 8106** or direct line **+297 586-9494**

For more information about the menus, entertainment and hours, please visit the website **watersedge-aruba.com**

